



Sleep Quality and Health-Related Outcomes

Guest Editors:

Prof. Dr. Hiroshi Kadotani

Department of Psychiatry, Shiga
University of Medical Science,
Seta Tsukinowa-cho, Otsu City
520-2192, Shiga, Japan

Dr. Misa Takegami

Department of Preventive
Medicine and Epidemiologic
Informatics, National Cerebral
and Cardiovascular Center, 6-1
Kishibeshinmachi, Suita 564-
8565, Osaka, Japan

Deadline for manuscript
submissions:

closed (1 September 2022)

Message from the Guest Editors

It is widely accepted that insufficient and poor-quality sleep are high-risk factors for health outcomes such as diabetes, dyslipidemia, hypertension cardiovascular disease, malignant neoplasm and cerebrovascular disease. It also has deleterious effects on quality of life, cognitive performance, workplace productivity - the consequences of sleep-deprivation have far-reaching societal and economic consequences. However, most previous studies on interactions between health-related outcomes and sleep have mainly focused on *sleep duration*. Recently, it became possible to monitor “sleep quality” with wearable devices and portable electroencephalography devices. We would like to accept studies on both subjective and objective measurements of *sleep quality* using interviews, questionnaires, portable monitors, wearable devices, etc. Studies on outcomes of *sleep quality* or intervention on *sleep quality* are very welcome.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

International Journal of
*Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)